

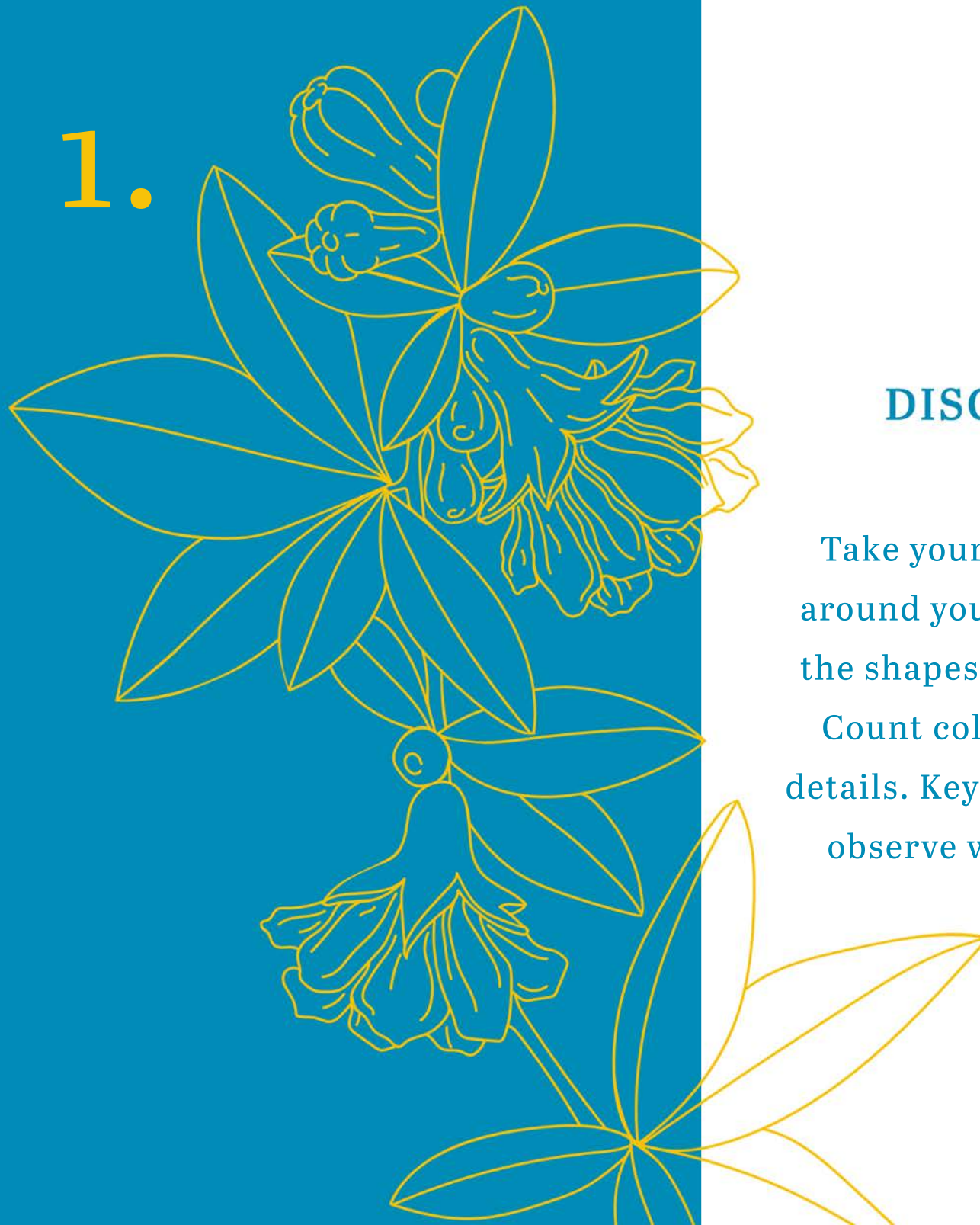


**DIANE MOORE**

*therapy*

**MY 5 FAVORITE  
MINDFULNESS PRACTICES**

1.



## DISCOVERY WALK

Take yourself on a meditative walk around your neighborhood, taking in the shapes, colors, sights and smells. Count colors, notice contrasts and details. Key to the exercise is to simply observe without interpretation or judgement.

2.

## PACED BREATHING

This can be done sitting, standing, lying down or walking. Simply notice your breath and inhale for a count of 4, hold for 4 on the inhale, and then exhale for 9. Continue to do breathing for 10 to 12 counts and notice what arises. Repeat as desired.



# 3.



## GRATITUDE JOURNAL

Sit down with your favorite journal each morning and write out 5 things you are grateful for. Focusing on gratitude shifts one's thoughts and feelings to having and being enough.

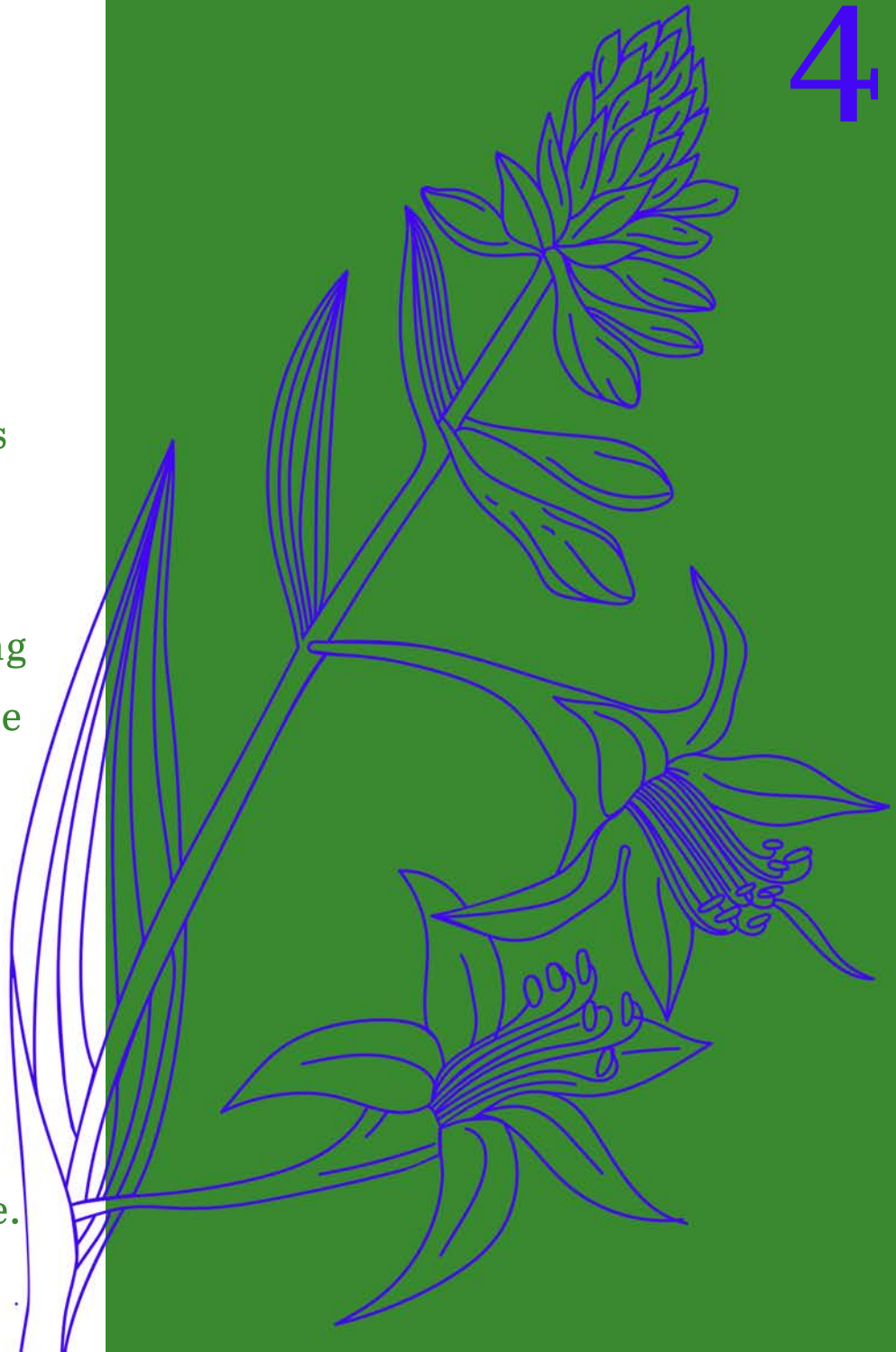
## LOVING KINDNESS

Who doesn't need loving kindness?  
Loving Kindness is the act of sending a wish to someone else (or ourselves). It's designed to increase one's capacity for love and compassion. Simply think of someone you love, someone you're having a conflict with or yourself, and recite the following 4 lines (to your self or out loud):

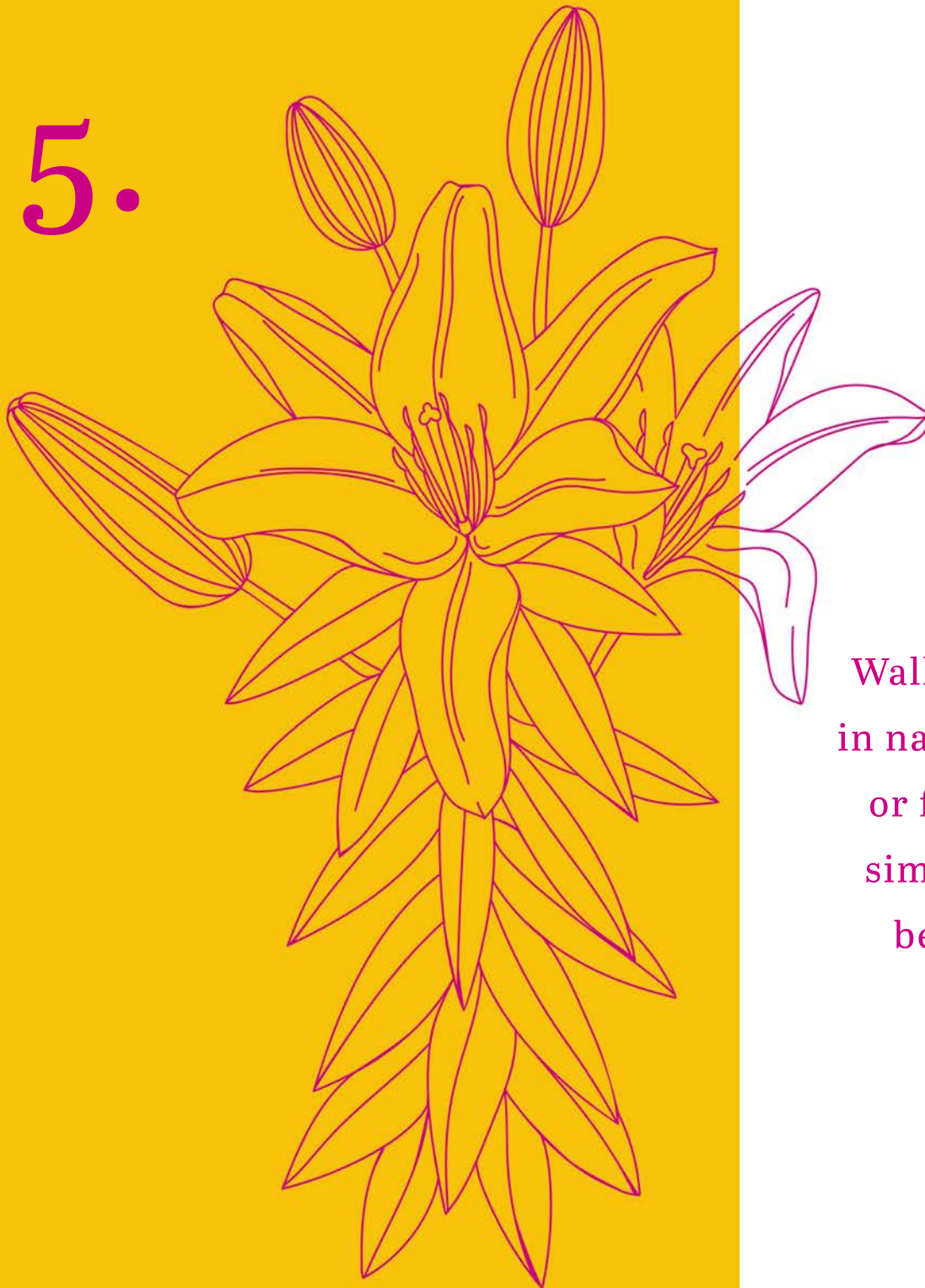
*“May you be safe,  
May you be healthy,  
May you be happy,  
May you live with ease”.*

Recite two times and then simply notice.

4.



5.



## OBSERVE NATURE

Walk outside and identify something in nature to focus on like a leaf, a tree, or flower. Use all your 5 senses and simply notice. Take in the majestic beauty and perfection of nature.

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